

Week of: Nov. 17, 2006      Average fruits & vegetables/  
dairy consumed last week 3.7 / 1.9      This week's goal: 5 / 3

Week <u>3</u>	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
Fruits & Veggies Dairy	4 2	6 3	4 3	5 4	5 4	7 3	6 3	5.2 3.1

Week of: \_\_\_\_\_      Average fruits & vegetables/  
dairy consumed last week \_\_\_\_\_/\_\_\_\_\_      This week's goal: \_\_\_\_\_/\_\_\_\_\_

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
Fruits & Veggies Dairy								

Don't forget to log on to [www.INShape.in.gov](http://www.INShape.in.gov) and record your progress.

Week of: \_\_\_\_\_      Average fruits & vegetables/  
dairy consumed last week \_\_\_\_\_/\_\_\_\_\_      This week's goal: \_\_\_\_\_/\_\_\_\_\_

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
Fruits & Veggies Dairy								

Week of: \_\_\_\_\_      Average fruits & vegetables/  
dairy consumed last week \_\_\_\_\_/\_\_\_\_\_      This week's goal: \_\_\_\_\_/\_\_\_\_\_

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Fruits & Veggies Dairy								

To calculate your weekly average, total up the number of servings of fruits & vegetables, and dairy, consumed each day, and then divide by 7. That's your weekly average. Carry that number to the next week, and try to eat no less than that number. The recommended number of servings of fruits and vegetables is 5 - 9 per day, and 3 servings of dairy per day.

Visit [www.INShape.in.gov](http://www.INShape.in.gov) for information on serving sizes.